

# Shorelines

## NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

NOVEMBER 2013

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### Management Committee

**President:**

Don Leier  
604-925-7690

**Vice President:**

Barry Heselgrave  
604-922-9481

**Secretary:**

Bob Pearmain  
604-922-0423

**Treasurer:**

Alistair Duncan  
604-922-3483

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604-921-6660

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**Communications:**

Darryl Stodalka  
604-925-2570

**House:**

Bill Caulfield  
604-986-1118

**Membership:**

Larry Terrace  
604-202-4377

**Speakers:**

Gordon Adair  
604-230-9122

**Special Events:**

Colin Ritson  
604-926-6976

### Monthly Meeting at Capilano Golf and Country Club 420 Southborough Drive, West Vancouver, 604-922-9331



**Monday, November 4<sup>th</sup>**

*with speaker*

**Mahara Sinclair, M. Ed.**

Motivation Speaker, Author

*“An Epic Journey - 1,000 Days, 46 Countries”*

Successful people in their 50's and 60's from all over America and Canada are approaching retirement and asking the same question of Mahara Sinclair, “How did you make it happen?” Mahara and her husband Ken have experienced a 34-month odyssey around the world, logging hundreds of thousands of miles as they visited 46 countries. The most frequent comment sums it up, “Where did you get the jam to do it?”

This former musician, college and university instructor and learning specialist says desire for adventure, and willingness to change and to reach new goals is what sets her apart. As a speaker, workshop leader, author and consultant, many say she has a special talent for motivating people to reach their goals. Mahara has been featured in the National Post, Aging Horizons, Clear Facts and many local newspapers. She has been on the Fanny Kiefer Show at Shaw Cable 4, Delta Cable Television and on radio stations CBC, CFAX, and CJAD.

If you are seeking a rich and satisfying retirement, you will want a comprehensive approach and a way to focus your energies to achieve your goals. Her new book, *The Laughing Boomer: Retire from Work – Gear Up for Living!*, will give you motivation to live your dreams. For more information, check out <http://www.laughingboomer.com>.

Mahara is an entertaining and dynamic instructor with many years experience in helping people move forward with their lives. She has been a faculty member at three BC colleges for the past twelve years.

Mahara and her husband had the time of their lives on their journey through South America, Australia, India, Africa, the Middle East, Europe and the US. They followed their love of art, bird watching and nature around the world. Mahara will share her stories and photos of their trip and some travel tips they learned along the way.



### Annual Christmas Luncheon

**Monday, December 9th**

**Registrations and payments accepted by mail**

**You can also bring your payment of \$65 to the November meeting.**

**Note: Your Spouse/Partner is welcome to attend as your guest.**



## President's Notes



Our October speaker, Dr. Kris Bulcroft, President of Capilano University, gave a very informative talk on the vision of Capilano U in 'The Changing Landscape of Post- Secondary Education'. One of the highlights was the You Tube video 'A Vision of Students Today'. It is worth watching as it gives an overview of the changing world of interaction and learning that todays students live in. You can find her power point presentation on our website under the Speakers tab but below is the direct link to the you tube video: <http://www.youtube.com/watch?v=dGCJ46vyR9o&list=PL01C06F0B5E2B9EE4&index=2>

Also, at our October meeting there was an update on special events and as in the past, the major event in December will be our Christmas Lunch on Dec 9th. Tickets will be on sale at our November 4th meeting. Other special events are in the planning stages and will be announced as soon as they are confirmed.

As our meeting space at the Capilano Clubhouse undergoes renovations in January, our House Committee has been hard at work securing a location for our January, February, and March, 2014 meetings. These meetings will be held at the Chief Joe Mathias Centre, 100 Capilano Road, North Vancouver, the same venue in which we held our 10th anniversary luncheon.

In this month of November, we take time to reflect how privileged we are to live in a country where we have the freedom to create such fine institutions as Capilano U and organize clubs such as Probus.

On November 11th we remember all who have served this country in war and peace so that we may enjoy these privileges. At this time we also honor those members of our club who have passed away during the past year and as has been our tradition, the Club will make a donation in their memory to the Lions Gate Hospital Foundation.



In remembering, we express our gratitude for their service.

*Don Leier*

## Special Events

### Vancouver Convention Centre Tour -

Provisional arrangements are in place for a tour of the Vancouver Convention Centre at 10 AM on Tuesday, December 3, 2013 to be followed by lunch at Noon at a nearby restaurant (possibly The Cactus Club). Participants should make their own travel arrangements. Lunch will be the member's responsibility and will be based on each individual's selections from the restaurant standard menu. There is no Probus charge for this event. Members wishing to attend this event should confirm their interest by email to Colin Ritson at [colinritson@shaw.ca](mailto:colinritson@shaw.ca) or John Pennefather at [jpennefather@shaw.ca](mailto:jpennefather@shaw.ca).

*Colin Ritson*

## Parking at Capilano

The summer golf season at Capilano is now over and Probus members may park in the upper lots for the November meeting. Handicapped spots may be used by those qualified.

*Bill Caulfield*



## Probus Extended Health Care

### Notice of Open Enrolment for Probus Extended Health Care with "Prestige" Emergency Travel Insurance: September 15 to November 15, 2013

For members **under the age of 75** in good standing with Probus, there is a one time open enrolment period from September 15, 2013 to November 15, 2013 for Extended Health Care (EHC) with Prestige Emergency Medical Travel and Trip Cancellation Insurance. During the open enrolment period, Probus members under the age of 75 can apply for Extended Health Care coverage without evidence of good health. (After November 15th, only members leaving an existing health insurance plan have 60 days to enroll without evidence.)

Also, annual Dental Care limits will not have mid-year reductions when applied for before November 15th, 2013.

Additional information is available on the Johnson Inc. website at [http://static.johnson.ca/static/johnson\\_ca/pdf/probus/BCPlanSummary.pdf?Grp=367&GId=++&bid=JI&Channel=G](http://static.johnson.ca/static/johnson_ca/pdf/probus/BCPlanSummary.pdf?Grp=367&GId=++&bid=JI&Channel=G).

## New Member Introduced and Greeters at September Meeting



Kamy Zargarpour, Information Technology



Ron Defieux and Bev Machesney

## Meeting Location for January, February and March 2014



The House Committee has recommended that the location for our January, February and March meetings will now be the **Chief Joe Mathias Centre, 100 Capilano Road, North Vancouver**. As previously mentioned, we need to move our location due to renovations at the Capilano Golf and Country Club in the first 3 months of 2014.

The December newsletter will remind you of the location change as well as an email reminder the weekend prior to the meeting date of **Monday, January 13th, 2014**. The dates for the February and March meetings will be reviewed by the committee at their next meeting. Members will be advised of any further changes where necessary.

## Remembering Our Members Who Passed Away This Year

*Sunset and evening star  
And one clear call for me!  
And may there be no moaning of the bar  
When I put out to sea,*

*But such a tide as moving seems asleep,  
Too full for sound and foam,  
When that which drew from out the boundless deep  
Turns again home.*

*Twilight and evening bell,  
And after that the dark!  
And may there be no sadness of farewell,  
When I embark;*

*For tho' from out our bourne of Time and Place  
The flood may bear me far,  
I hope to see my Pilot face to face  
When I have crost the bar.*

*- Lord Alfred Tennyson*



## Last Month Speaker - Dr. Kris Bulcroft



### President Don Leier thanks speaker Dr. Kris Bulcroft

Dr. Kris Bulcroft, President and Vice Chancellor of Capilano University for the past three years, came to B.C. after a 20 year teaching career at Western Washington University. She has a M.A. in Education and a PhD in Sociology with an emphasis on Family Life and Aging. Capilano University attracted her attention because of the ethos of the school. It allows a very personal relationship for the students and staff that are quite unusual in modern day Post Secondary institutions.

Dr. Bulcroft briefly sketched the path of the evolution of universities up to our present day Capilano University. Over her forty years she has seen universities take on larger class sizes resulting in remote and impersonal student access with their instructors. Universities are often large institutions with complex administration, many departments, personnel and complex rules governing the many aspects of instructor /student interaction.

In 1968 Capilano opened as a relatively small community college. It developed two satellite campuses in Squamish and Sechelt. It has now acquired university status with 13,000 students and access for 700 international students. There is a lesser percentage of local North Shore students as students from other communities are attracted to it. More aboriginal students are enrolling (enrolment up 15%) and they are obtaining better results.

Capilano University is the second university to acquire accreditation in the United States. This was a complex procedure which took several years to attain. It allows local degrees to be more transferable and also “levers” Capilano to keep high standards by providing a benchmark to assess its efficiency and capabilities.

Dr. Bulcroft further discussed the changing education scene. New technologies are affecting the teaching landscape drastically. Online courses provide access to learning anytime, anywhere. Budgets, changing Government support and increased tuition costs all call for more inventive and efficient teaching and learning modules. The role of the instructor and professors is more difficult as students are

able to access immediate corroboration of the professors’ statements. Also, the changing roles of parental input and more public oversight call for more reaction from the Institutions. Universities must learn how to be more insightful, innovative and more stimulating for their students. They must have better survey instruments to study what are the student sources and the demographics to make appropriate classes available in the curriculum. They need to look at the use of peer to peer teaching and sharing of courseware between students, as well as flipping classrooms with more learning away from the classroom. The end result is the professor as more of a guide on the side than an imparter of knowledge. The demands of E-mail, texting, and T.V., all diminish study time. The cost of technical equipment, textbooks and tuition can press on the learning experience. Since Capilano University has small class size to provide better learning opportunity, it also makes it very expensive because of a lack of scale. Transferable skills need to be taught as a general education will allow graduates to be more adaptable with career paths in their working lifetime. Hence there is less emphasis on specifics and more direction towards general knowledge in the curriculum.

An Elder College is a great concept as the demographics of our aging population show the need for elders to keep abreast of ever changing technologies. Our aging population has a wealth of experience that they can build on. Teaching institutions should build on the knowledge that this healthy generation can give back to the community. Dr. Bulcroft mentioned three classrooms made available by Pacific Arbour and the Westerleigh in West Vancouver as an outreach program, in addition to the courses available at the Campus itself.

*Jon Strom*

### Meetings

Second Monday of each month, except when changed to avoid conflict with special holidays on that day; in addition, our Christmas Luncheon replaces the December meeting.  
Dress Code: Business Attire. Jeans are **NOT** permitted.

Coffee and fellowship: 8:45 am to 9:30 am  
Club business and speaker: 9:30 am to 11:15 am

Members are welcome to bring a guest to a meeting.

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Editorial contributions and comments are welcomed  
and may be sent by e-mail to :

[linda@probus-northshorevancouver.ca](mailto:linda@probus-northshorevancouver.ca)

or by mail to:

Probus Club North Shore - Communications Chair  
P.O. Box 92042  
West Vancouver, BC, V7V 4X4